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From Living Gluten-Free For Dummies, 2nd Edition By Danna Korn Living gluten-free means you can prepare gluten-free dishes that are delicious as well as nutritious.

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There's more to living gluten-free than just cutting it out of your diet. This Second Australian Edition of Living Gluten-Free For Dummies helps you embrace a gluten-free lifestyle and make a smooth transition to healthier, tastier living. You'll learn how to decipher food labels, enjoy a balanced diet, cook delicious meals and order at restaurants, deal with the emotional and social aspects of gluten-free living, raise healthy gluten-free kids, and so much more.

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Living Gluten-Free For Dummies author Hilary Du Cane walks you through the easy steps of how to make a simple and delicious gluten-free plum cake in this video. With a baking time of about an hour and 30 minutes to cool, you can serve this cake to anyone - whether they're living gluten free or not. Preparation time: 20 minutes

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About the Author Sue Baic and Nigel Denby are Registered Dietitians and the co-authors of Nutrition For Dummies and The GL Diet For Dummies. Danna Korn founded ROCK (Raising Our Coeliac Kids), and has lived gluten-free since 1991.

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